



Bell Peppers



What is in it for you?

½ cup bell pepper is:

- An excellent source of vitamin A & vitamin C
- A good source of vitamin B6, which helps your body build healthy blood cells

Produce Tips

- Look for firm peppers that have a thick, shiny, smooth skin and green stems.
- Store whole peppers in a sealed plastic bag in the refrigerator for up to one week.
- Wrap cut peppers in plastic and store in the refrigerator for up to three days.

Serving Ideas

- Pack pepper strips and dip for lunch
- Sauté, grill or roast pepper slices with your favorite seasonings for an easy side dish
- Add peppers to
 - Egg dishes
 - Pasta dishes
 - Pizza
 - Quesadillas
 - Rice or couscous



Fun Facts

- Columbus discovered peppers in the West Indies and mistook them for spices. He brought them to Europe where they spread throughout Europe, Africa and Asia.
- By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much!

Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

